

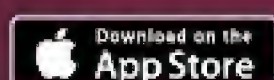


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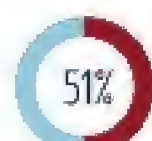


CANADIANS AND HIGH BLOOD PRESSURE

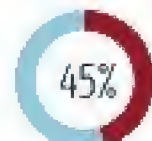
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and a major risk factor for heart disease. It can double or even triple your risk.

Canadians have a much higher awareness of cancer and diabetes than of high blood pressure.



cancer



diabetes



high blood pressure



FACT

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FACT



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FACT



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FACT

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Canadians tend to believe that lifestyle is a greater cause of high blood pressure than age.



FACT

The risk of high blood pressure increases with age. More than 50% of people over 60 have high blood pressure.

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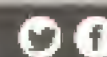
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OFF THE LEASH

What should you do
if your dog is
harmed at an
off-leash park?
metroNEWS

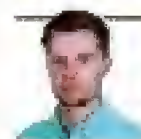


Chris and Erin McAdam take their dog for a stroll at Nose Hill Park's off-leash section. BRODIE THOMAS/METRO

Burglary ends with shooting

metro EXCLUSIVE

Housemates shaken while victim recovers



**Jeremy
Simes**
For Metro | Calgary

Three Calgary housemates are left shaken after a man shot one of them during a Saturday night heist that has left them without cash for rent.

"He had to fight back, so (the housemate) grabbed the guy, who then shot him," said the resident, who didn't want to be identified. "(The burglar) then ran away. It was a shock."

Police are on the hunt for the assailant who broke into the home on Fonda Mews SE in what they believe

was a targeted attack.

The resident said he believes the burglar followed the trio after they bought groceries at a nearby Walmart.

"I'm pretty sure I saw him at some point when we were walking back," he said. "We had no idea who he was."

The victim, a man in his 40s, was driven to the Foothills Medical Centre in stable condition.

"He's OK," the housemate said, adding the victim was still in hospital recovering Sunday morning.

Police describe the assailant as darker-skinned, five feet seven inches, about 140 pounds, between 25 and 30 years old with a thin moustache.

The thief stole the trio's rent money, said another resident. "We're all fine, but now we don't have money to pay rent," she said.

Anyone with information is asked to contact Calgary police.



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Student runs for change

MENTAL HEALTH

Amy Li co-founded Outrun the Stigma project



Jennifer Friesen
For Metro

Amy Li's childhood in China is peppered with the memory of her grandfather's struggle with Parkinson's disease.

During his 20-year battle, he faced tremors so strong that he could no longer leave his house, which isolated him from his community. He passed away when Li was 13 — but his memory continues to live on through his granddaughter's work.

"Ever since I was born, I knew that a chronic illness like Parkinson's can have such a large impact on a person's mental health," she said. "Seeing that really made me interested in how disease manifests in the brain, and made me realize how much here is still left to learn about how the brain impacts a person's life."

After studying neuroscience at the University of Calgary, the 21-year-old is now in her second year of medical school. The hours are long and the work is tough, but she still dedicates countless hours to her passion project: Outrun the Stigma.

The annual student-led fund-



Amy Li had to adapt to a new life after moving to Calgary from China. She credits the transition for teaching her to have courage and engage with the community. JENNIFER FRIESEN/FOR METRO

“Everyone struggles with mental health ... so getting rid of the stigma is the most important thing. Amy Li

raising run is the first of its kind in Western Canada. It began three years ago when Li and a fellow student noticed

that, while there are plenty of runs organized for physical health, there weren't any for mental health.

"It's very important to me, personally, because running has always been a way for me to deal with my feelings of loneliness and isolation from when I first moved here," she said. "So we saw a need for a run aimed at creating better mental health awareness in the community and decided to fill that gap."

Li and her family immigrated to Canada when she was 10 years old. She was yet to learn English, but found herself in a new school where she was the only non-Caucasian student in Grade 6.

"It really made me understand what it was like to feel that isolation," she said. "When you don't have peer-support, it can really impact a person and contribute to negative thoughts. I think that year was a big part of pushing me to get involved with the community."

Along with a core group of 20 volunteers, Li organizes Outrun the Stigma's event every October. Before they hit the pavement, they begin with speeches from Calgarians who have struggled with mental health, and then wrap-up with an expo of mental health resources in the city.

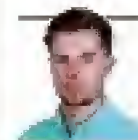
To date, the group has raised \$25,000 for the Distress Centre of Calgary and is currently in the process of transitioning into a certified not-for profit organization. Li says they hope to expand the program to take place at universities across Canada, with the goal of adding two more stops by next year.

"The run has grown to be more than just a race," she said.

"It's become something that has brought the community and the students together to share experiences. Everyone struggles with mental health, and it impacts people in so many different ways, so getting rid of the stigma is the most important thing."

INVESTIGATION

Police called to fourth fire at home



Jeremy Simes
For Metro | Calgary

Paul LeBlanc with the Calgary Fire Department hasn't seen anything like it.

On Sunday, Calgary police were called to investigate the fourth targeted blaze that's been ignited at a Marlborough home within a month.

"It's quite a bit (of instances)," said LeBlanc, battalion chief with the CFD. "We're sure the police service is going to get to the bottom of this as soon as possible."

At 5 a.m. Sunday, crews arrived to the home — located on Marbank Way N.E. — finding heavy smoke in the basement.

According to the resident's complaint, police said they've been told the string of arson is a result of a dispute between the resident and a group of people. Police have no evidence to suspect one person is the culprit of all four events.

Jordan Nguyen, who lives across from the house, said the resident hasn't lived in the home since the second fire broke out on April 1.

"They haven't been able to go back," she said. "Some neighbours have installed security cameras because this (suspect) keeps coming back."

Police have since released video footage of the suspected culprit.

Total damages are estimated to be \$170,000, police said.

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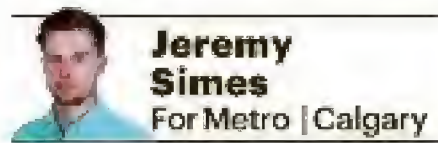
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PCs, Wildrose puzzled by vote

UNITE THE RIGHT

Group looking to form a third conservative party in Alberta



Jeremy Simes
For Metro | Calgary

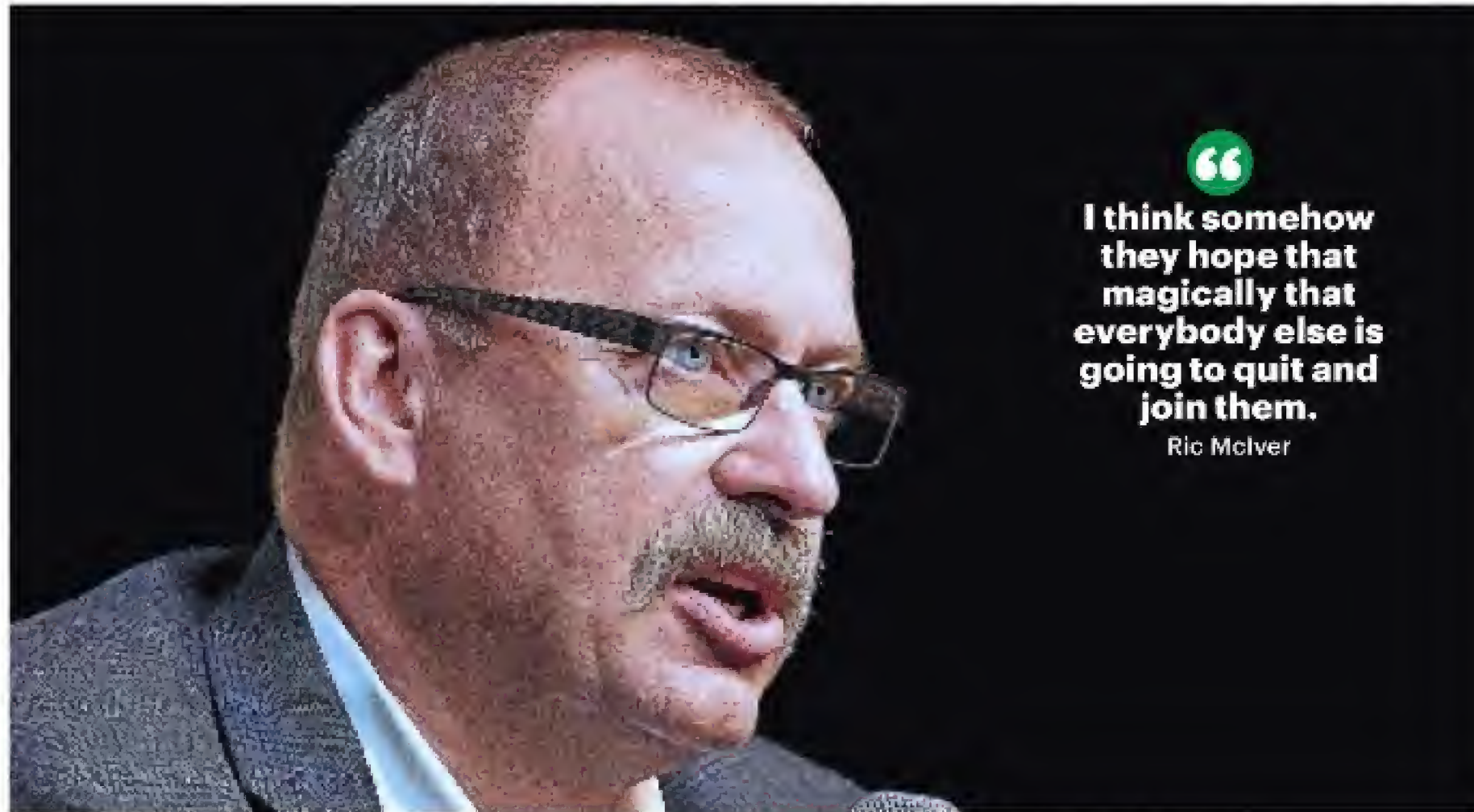
Alberta's two conservative parties are scratching their heads over a vote by the province's newest unite-the-right group to form a third right-of-centre party.

Rather than continue the push for a Wildrose-PC merger, an overwhelming majority of "Alberta Can't Wait" members voted in favour for the idea to create a new conservative party on Saturday in Red Deer.

Wildrose MLA Jason Nixon said the vote does exactly the opposite of uniting the right.

"I'm not sure how further dividing the right will help," Nixon said.

"Creating a third party when there is no mechanism



"I think somehow they hope that magically that everybody else is going to quit and join them."

Ric McIver

Interim PC Leader Ric McIver says he's receiving mixed messages from unite the right groups. METRO FILE PHOTO

for removing the other two parties off the ballot is the sort of folly that only those looking for a shortcut to power

would choose."

Interim PC leader Ric McIver said the whole situation is sending him mixed messages.

"I think somehow they hope that magically that everybody else is going to quit and join them," McIver said. "From my

experience, nothing happens magically — you've got to put some work into it."

Melanie Thomas, political

science professor at the University of Calgary, said the idea of forming a third conservative party is a good sign for Albertans who voted for change during the May 2015 election.

"The proliferation of options on the right like this are good for parties not on the right," Thomas said.

Nixon said the Wildrose will continue to have discussions with conservatives about becoming a broader, more inclusive party.

McIver also said Albertans are looking for a party for "social conservatives, reasonable progressives and anybody else that loves Alberta."

"I think Albertans want a political party that cares about their tax dollars and how they're spent, and cares about people," he said. "Of the three parties in the legislature right now, our party is the only one strong on those issues."

Thomas said any potential third conservative party will have a few hurdles to jump, like finding a compelling leader, fundraising enough cash and wowing the public.

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Oliver, Kip, and Asher Whelpley enjoy Fiasco Gelato outside the newly reopened café on 19 Street SE. Fiasco suffered a fire in December. BRODIE THOMAS/METRO

Gelato shop reopens after fire

COOL TREATS

Business serves up cool sweets in time for warm weather



Brodie Thomas
Metro | Calgary

It's the time of year for eating cold and sweet treats, so it's fortunate that Fiasco Gelato is ready to meet that need once again.

The popular Calgary business suffered a fire in December, just days before Christmas, at its factory and outlet on 19 Street SE.

On Saturday, it was once again open for business and business was booming.

Owner and Chief Idea Officer James Boettcher said they had only set up in that location in August of last year, just four months before the fire.

The business was insured, although Boettcher said they haven't worked out all the details just yet.

"We're still dealing with some insurance stuff, so we've had some challenges on that part. It hasn't been the easiest to be honest. We have pretty good insurance coverage but it moves slow."

He gave credit to the contractor for finishing up so quickly.

On Sunday, people were lined up out the door, waiting to grab some gelato.



We grab it and pick it up wherever we can, but it's our first time checking out the new spot.

Kip Whelpley

It was Kip Whelpley's first time dropping by the outlet.

"We grab it and pick it up wherever we can, but it's our first time checking out the new spot."

Fiasco's production facilities were largely unaffected by the fire, which started and was contained in the storefront café.

In February, the business donated 350 jars of gelato to the Calgary Drop-In for clients of the homeless shelter to enjoy.

ABUSED MOTHERS STUDY

Prof donates proceeds of book to YWCA



Helen Pike
Metro | Calgary

Dr. Caroline McDonald-Harker, a Calgary sociologist, is shining a light on what it means to be a good parent through the eyes of abused mothers.

Her book, *Mothers in Marginalized Contexts*, contains first-of-its-kind research into abused mothers who have entered into the shelter system. In in-depth

interviews as part of her PhD, McDonald-Harker delved into the sociological topic of what it means to be a mother who has been a victim of abuse. It's intended to be a resource for academics, students and practitioners who work with abused women.

At her campus launch event at Mount Royal University, where she is an assistant professor, she announced all of her own proceeds from the book

will be going to the YWCA.

"Important research like Dr. McDonald-Harker has done helps to build a body of knowledge, helps us to be better as professionals and service providers," said YWCA spokeswoman Elsbeth Mehner. "But also helps Calgarians help friends and families of women to understand abuse is incredibly complex."

Mehner said in their practices and programs they see every

day how important their primary role as mothers is, and often women express how other systems and their social networks judge them as mothers.

The women interviewed were from shelters in Calgary, and half of the participants who participated were indigenous mothers — which McDonald-Harker said was actually a reflection of the population of mothers in Calgary accessing these services.

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The city recommends reporting incidents of aggressive dogs at off-leash parks by calling 311. BRODIE THOMAS/METRO

Report aggressive dogs at off-leash parks: City

PETS

Officers try to locate dogs and their owners



Brodie Thomas
Metro | Calgary

Off-leash dog parks are supposed to be happy places where dogs can frolic, and meet peacefully with other dogs.

But what happens when things don't go as planned?

Alexa-Rae Connelly knows the feeling. She said her dog Blue has been attacked by other dogs on two occasions. The

most recent was just a few weeks ago.

It happened when Connelly's mother had Blue at the off-leash section of Sue Higgins Park.

She said Blue was running near another dog when things went bad. "He just grabbed Blue by the neck and he started going at him," she said.

As Connelly's mother tried to get the dogs separated, the owner of the other dog became agitated and swore at her.

According to Connelly, the owner of the other dog said incidents like that are to be expected at an off-leash park.

"That's what really made me mad because we don't go to the dog park and expect my dog to get attacked," she said.

+ BY THE NUMBERS

Calls to 311 of dog aggression at off-leash parks

2013 - 37

2014 - 50

2015 - 50

Luckily Blue was OK after the fight.

Connelly later posted her story on the Calgary Dogs Facebook group. There's no shortage of other similar incidents recounted in the group.

It was there someone advised her to call 311 and report the incident.

According to Carissa Vescio, spokesperson with the City of Calgary, people are encouraged

to report aggressive dogs at off-leash parks.

The city recorded 50 incidents in 2015 at off-leash parks, including growling, lunging, barking and bites.

Vescio said prevention is key to dog aggression. There are some signs and things to look for, such as growling, tooth display and snapping.

"If your dog is displaying anything that can be perceived as aggressive behaviour, we'd recommend ... removing your dog from the situation."

Incidents are followed up by city officers. They have conducted investigations to locate aggressive dogs and their owners. Fees can range from \$250 to \$2,000 depending on the incident.

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SYRIAN CRISIS

Refugees join protest calling for end to violence in Aleppo

Holding Syrian flags and protest signs, about 100 protesters — many of them Syrian refugees — held a demonstration outside Calgary City Hall on Sunday.

The protest was just one of many held across the world in solidarity with the people of Aleppo — a city reportedly undergoing heavy bombardment since a ceasefire was lifted last week.

Signs accused Syrian President Bashar al-Assad of being a murderer, and depicted him sitting in a bathtub full of blood.

One motorist driving by on MacLeod Trail honked his horn and gave protesters the thumbs up through his sunroof.

Protest organizer Saima

Jamal said many of the refugees taking part in the protest would never dream of such freedom under the Assad regime.

"These people never had a chance to express their political opinion in Syria," she said. "If they did they would be immediately jailed."

She said newcomers have been seeing images in their social media from friends and family that remain in Syria, and felt it was time to speak out.

"All this time we've been denouncing ISIS and the opposition forces. Now we realize it's time to bring focus on the Syrian regime and the Russian airstrikes — and the amount of destruction it's doing to civil-

ian lives in Aleppo," said Jamal.

The protesters were calling for peace, and asking for all sides to stop the aggression.

They were also calling on the Canadian government to denounce the airstrikes and send humanitarian aid to the region.

Ziad Hendawi came to Canada from Aleppo in December. Speaking through a translator, he described the bombing of neighbourhoods as random and barbaric.

Hendawi said every family has lost children in the war. He lost four young cousins.

Dr. Abdul Rahman left Syria before the revolution but wanted to show support for his home country.

BRODIE THOMAS/METRO



Protestors hold Syrian flags and chant in both English and Arabic outside Calgary City Hall on Sunday, calling for an end to violence in the Syrian city of Aleppo. BRODIE THOMAS/METRO



Stan Lee told would-be comic book artists to write for themselves during his appearance at the Calgary Expo on Sunday. CANDICE WARD/FOR METRO

Stan Lee charms comic expo crowd

POP CULTURE

Spider-Man creator makes final Calgary appearance

Candice Ward
For Metro | Calgary

Saying goodbye is never easy but it was the perfect farewell to Alberta for Stan Lee as he spoke to a packed house at the Stampede Corral on Sunday afternoon during the Calgary Comic and Entertainment Expo.

Lee made good on his promise after having to cancel his Calgary Expo appearance last year due to a schedule change, but sent an apology video with the promise

to return this year.

"Thanks Calgary for having me, this is a great city," said Lee, who announced last year that this would be his last year of Canadian convention appearances.

Over the course of the panel, the 93-year-old Lee fielded questions from the crowd about getting his start in the world of comics and how Spider-Man came about, to his current works, including next weekend's release of Captain America: Civil War, although Lee remained tight-lipped about his cameo in the upcoming film.

"It is more of a secret than the plot of the movie," said Lee.

Lee also offered up some advice for those looking to get started in creating their own comics.

"Don't write for other people — you don't know what anybody else wants except what you

want," said Lee. "I have always tried to write only for myself — I want to please myself. I have always figured, I am not that unique, if I write a story that I like, there must be millions of people with the same tastes that I have."

When asked which of his characters Lee relates to the most, he expressed his connection to all of his characters.

"I am obviously as handsome and as charming as Tony Stark. I am as brave as Captain America, when I was younger, I was as strong as the Hulk, and I am brilliant as Dr. Strange," said Lee.

And no Lee appearance would have been complete without the exclamation of his famed catchphrase.

"Excelsior! Which means — upward and onward to greater glory," said the legendary Lee.



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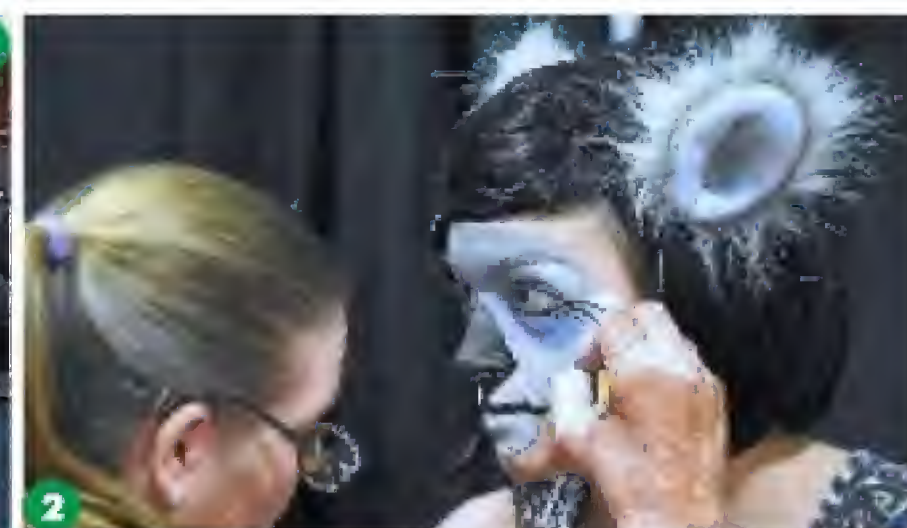
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1 Jason Rip, Huxley Rip, 4, Eleanor Rip, 7, and Tara Wigington show their love for Spider-Man at the Expo.

2 Allison McGladdery gets into the spirit of the Calgary Comic and Entertainment Expo on Sunday afternoon by getting her face painted at Stampede Park.

3 Cosplayers Jhey Sacdalan and Bree Kiemele enjoy the last few hours of the convention on Sunday.

PHOTOS CANDICE WARD/
FOR METRO



EDUCATION

Manmeet Bhullar scholarship launched

It just made sense for Lester B. Pearson High School teacher Sunny Minhas to honour former alumnus Manmeet Bhullar.

Minhas has spearheaded the Manmeet Singh Bhullar Memorial Scholarship, a reward for outstanding Lester B. Pearson student-athletes who've excelled in their sport, classroom and community.

Bhullar, former Progressive Conservative MLA, was killed in a crash on the QE2 Highway north of Calgary in November

2015.

Minhas said Bhullar had a huge impact on the school.

"When he passed, everyone in the school knew — he made a huge impact on so many people's lives," he said. "It just made sense to honour him because this is the work he did: work-



Sunny Minhas

ing with kids and working in the community."

The scholarship will pay fees for any sport of the student's choice for the following school year. For many families whose kids go to Pearson, paying sports fees can be difficult, Minhas said.

"A lot of our students and families have troubles paying the fees, especially athletes playing four or five sports," he said. "(Bhullar) felt every student or child should have the opportunity, regardless of finances."

Many students benefit from the game, he added.

"Sports make kids feel connected to the school. If you come to one of our events, the gym will be packed — it shows kids they are a part of something bigger," he said.

"It also gives them an opportunity to show themselves not just as a student — just because you're not getting a 95 does not mean you're not a valuable member of Pearson."

JEREMY SIMES/METRO



Saif, left, and Seleem Badawy volunteered their time Sunday to make Calgary a greener and cleaner place.

JEREMY SIMES / FOR METRO

Cleanup is big success

COMMUNITY

Thousands out Sunday to tidy parks, rivers



Jeremy Simes
For Metro | Calgary

Terry Bell is a bit perplexed as to why she's seen so many coconuts along Calgary's riverbank and in the city's parks.

"Every year for the first eight years, someone found a coconut," said Bell, member of the Dirty Ducks volunteer group. "And it's not downstream from the zoo, either."

Bell was among more than 2,500 registered volunteers picking up thousands of kilograms of garbage Sunday morning, as part of the 49th annual Pathway and River Cleanup.

The event is held each spring to remove debris, but also en-

courages Calgarians to keep the city's parks clean.

Maggie Nelson, volunteer program advisor with the city, said the event emphasizes the importance of environmental stewardship.

It was the first time brothers Saif and Seleem Badawy came out to volunteer. Saif said it's important to keep Calgary as clean as ever.

"We want to help make the environment a better and cleaner place for Calgarians," Saif said. "It can affect people in many ways. If the river is dirty, it can affect our drinking water."

Bell said the event lets citizens unite for the common good, noting the city's parks have become less messy each

It's just being with our friends and finding weird things or not.

Terry Bell

year. "It's just being with our friends and finding weird things or not," she said, "or being proud about how many people haven't been throwing garbage as they once used to."

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Edible pot may pose health risks to kids

POLITICS

Liberals plan to introduce new marijuana legislation

Bite-sized marijuana goodies such as candies and cookies pose "significant risks" to children who might accidentally swallow them, warns a draft federal discussion paper on pot legalization.

It flags the public safety concern as one of the many obstacles Canada must negotiate on the path to regulating the drug, drawing on tragic lessons from Colorado.

Justin Trudeau's Liberal government says legalizing marijuana will keep pot out of the hands of children and deny criminals the profits of shady, back-alley dealing.

However, the December draft paper, obtained by The Canadian Press through the Access

to Information Act, notes marijuana is available in many different forms — including some especially attractive to youngsters —



ISTOCK

in a number of the jurisdictions that have legalized regimes.

The Liberals plan to introduce legislation next year to remove marijuana consumption and incidental possession from the Criminal Code, and create laws to more severely punish those who provide pot to minors, drive while under its influence or sell it outside the new framework.

The government intends to soon set up a task force with input from experts in public health, substance abuse and policing to design a new system

of strict marijuana sales and distribution.

In the United States, Alaska, Colorado, Oregon, Washington and the District of Columbia permit recreational marijuana use by those 21 years or older.

Some 45 per cent of Colorado's marijuana sales involve edible forms such as food, drink or pills, according to the U.S. Centers for Disease Control and Prevention.

Two years ago a 19-year-old in Colorado ate an entire cookie containing 65 mg of THC — the

principal psychoactive element in cannabis — even though the shop clerk advised him to divide the treat into six servings.

The boy didn't realize it takes time for a high to kick in when consuming pot in edible form, and he kept gobbling the cookie. That evening he jumped to his death from a fourth-floor balcony.

Overall, Colorado saw an increase in the number of marijuana-related poisonings, particularly accidental ingestion by children, in the first year of its new regime, the paper notes.

Justice Minister Jody Wilson-Raybould, one of the federal ministers responsible for guiding marijuana legalization in Canada, suggested it was too early to say what kinds of products might be sold.

The task force will make recommendations and the resulting regulatory framework will be "responsive to those issues," she said.

THE CANADIAN PRESS

CRIME

Alberta firefighter faces arson charges

A firefighter who battled the flames that destroyed a railway trestle bridge northwest of Edmonton last week has now been charged with setting the fire, as well as others in and around his community.

RCMP say Lawson Michael Schalm, 19, of Mayerthorpe faces 18 counts of arson following an investigation into a recent rash of fires, including the one on the CN bridge on April 26.

The chief of the town's fire department, Randy Schroeder, says Schalm is the son of a former mayor of Mayerthorpe and joined the department as a junior member when he was 15.

He became a full member when he turned 18.

Schalm is being held in custody and is scheduled to make his first court appearance on the arson allegations in Stony Plain Provincial Court on Wednesday.

Schroeder confirmed that Schalm was among the firefighters who fought last week's fire on the bridge.

"The entire department is shocked and in disbelief right now regarding the situation," Schroeder said on Sunday.

Police say no one was hurt in any of the suspicious fires, which began April 19.

THE CANADIAN PRESS

DATA

Return of the census

Call it the start of the government's biggest big data push.

Monday marks the start of mailings from Statistics Canada of census surveys, including the return of the mandatory, long-form questionnaire that was replaced with a voluntary survey five years ago.

Statistics Canada says more

than 15 million households will receive census letters over eight days, along with reminders to either fill the form out by hand or online.

Every home will receive a short-form questionnaire. One in every four homes will receive the long-form census.

THE CANADIAN PRESS

POLITICS

P.E.I. braces for Duffy's return

Canadians could be forgiven for assuming P.E.I. residents are all feeling a sense of relief as Sen. Mike Duffy prepares to return to the Senate this week after a three-year hiatus punctuated by intrigue, scandal and, finally, vindication in a court of law.

But that's not the way things work on the Island, where there are lingering doubts about Duffy's connection to Canada's smallest province and his expense claims.

On the sun-drenched streets of Charlottetown, where the icy wind off the Northumberland Strait keeps the city in a deep freeze, residents say they understand why the former TV personality was cleared last month on all 31 charges of fraud, breach of trust and bribery.

But that doesn't mean they're ready to accept what happened and move on.

"There really didn't seem to be any laws broken, and you can't be found guilty of something if there's no rules," said Charlottetown resident Scott MacBurnie, commenting on the Senate's vague spending rules and residency requirements that were at the heart of Duffy's trial.

"But it's embarrassing to think that he's a senator from P.E.I. and that he's still a senator. I'm embarrassed for the



Mike Duffy prepares to return to the Senate this week after a three-year hiatus. THE CANADIAN PRESS



Mike Duffy wasn't qualified to be in the Senate in the first place.

Alan Hoy

Island ... You'd think he would be decent enough to say I'm not really a senator from P.E.I. because I don't live there, and he would step down rather than going back."

Duffy has been living for years in an Ottawa suburb, but maintains a summer home in P.E.I. that he claimed as his

primary residence when he was appointed to the upper chamber by former Conservative prime minister Stephen Harper in 2008.

Whether or not that home should qualify him for a Senate seat was an issue from the very day he was named, throughout his trial, and still, apparently, in P.E.I. itself.

"Mike Duffy wasn't qualified to be in the Senate in the first place, so why is he going back?" asked Charlottetown resident Alan Hoy, a man with a close-cropped grey beard, wearing sunglasses and a Montreal Canadiens tuque. "He wasn't a resident." THE CANADIAN PRESS

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HUDSON'S BAY

Militants free 10 hostages

PHILIPPINES

Abu Sayyaf group releases kidnapped crewmen

Abu Sayyaf militants have freed 10 Indonesian crewmen who were seized at sea in March in the first of three attacks on tugboats that have sparked a regional maritime security alarm, officials said Sunday.

The Indonesians appeared to be in good health when they were dropped off Sunday afternoon in front of the house of Sulu province's governor in the town of Jolo, said the town's police chief, Junpikar Sitin. The 10 men were then brought to a Philippine military camp and arrangements were underway to turn them over to Indonesian officials.

A photo seen by The Associated Press shows the sunburned

men in fresh shirts eating rice and chicken with Sulu's governor on a veranda beside a Japanese-style garden in his house. In another photo, some of the men are puffing cigarettes and enjoying coffee while resting on chairs.

Jolo's mayor, Hussin Amin, welcomed the release of the Indonesians, but said he did not know whether a ransom had been paid.

ated to secure the release of the hostages.

At a televised news conference at a presidential palace in the West Java province city of Bogor, Jokowi said the government was continuing to work for the release of four other Indonesians who were taken hostage by suspected Abu Sayyaf militants in a separate incident last month.

“If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf. Hussin Amin

“If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf,” he said. “This money will be used to buy more firearms and will be utilized as mobilization funds by these criminals.”

Indonesian President Joko “Jokowi” Widodo thanked the Philippines and the “many parties” in Indonesia who co-oper-

A Philippine army officer who has been helping to deal with kidnappings by the Abu Sayyaf said a rebel commander from the Moro National Liberation Front, which has signed a peace deal with the Philippine government, helped negotiate with the Abu Sayyaf for the release of the 10 Indonesians.

THE ASSOCIATED PRESS

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Princess Charlotte turns one year old on Monday. AFP/GETTY IMAGES

ROYAL FAMILY

Happy birthday to a princess

New photographs of Britain's Princess Charlotte playing at her family's country home were released by the royal family on Sunday to mark the little girl's first birthday, which falls on May 2.

The photographs were

taken by her mother, Catherine, Duchess of Cambridge, in April 2016 at Anmer Hall, the secluded house in Norfolk, eastern England, where the family spends much of its time.

In one of the photos, the princess is happily playing

outside in the garden, while in another, she is staring off into the distance. In all the photos, the princess looks adorable with her hair parted to the side, donning a blue or pink bow.

AFP/GETTY IMAGES & METRO

IN BRIEF

Bombing hits Turkish police

A car bomb struck the entrance of a Turkish police station Sunday in the southern city of Gaziantep, killing two police officers and wounding 22 other people in a day marred by violence and May Day protests. THE ASSOCIATED PRESS

Death toll rises in Kenyan building collapse

Kenyan rescuers continued searching for survivors Sunday of a residential building in a low income area that collapsed Friday, as officials said the death toll has risen to 20 and 73 people remain missing. THE ASSOCIATED PRESS

Protests disperse after pair if Daesh attacks

Anti-government protesters disbanded at least temporarily Sunday from the heavily fortified Green Zone they had stormed a day earlier after Daesh carried out its second major attack in Iraq in as many days — a pair of car bombs that killed more than 30 people. THE ASSOCIATED PRESS

VIOLENCE

Ceasefire returns calm to much of Syria

Syria's military extended a unilateral ceasefire around the capital for another 24 hours on Sunday, as relative calm set in across much of the country after days of heavy fighting concentrated in the northern city of Aleppo.

Aleppo, the country's largest city and a key battleground in the civil war, was not covered by the ceasefire but saw less fighting on Sunday. More than 250 people have died in shelling and airstrikes in the northern city over the last nine days, according to the Britain-based Syrian

Observatory for Human Rights.

The government declared its own ceasefire around Damascus and the coastal Latakia region Friday following two weeks of escalating unrest. But more than three dozen rebel factions said Saturday they would not respect the truce unless the government agreed to extend it over the whole country.

Lt. Gen. Sergei Kuralenko told Russian news agencies at a Russian Air Force base in Syria that Moscow's forces were negotiating a ceasefire for the Aleppo province. THE ASSOCIATED PRESS



A Syrian family runs for cover amid the rubble of buildings after a reported air strike in Aleppo on Friday. AFP/GETTY IMAGES

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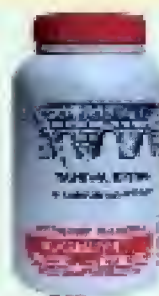


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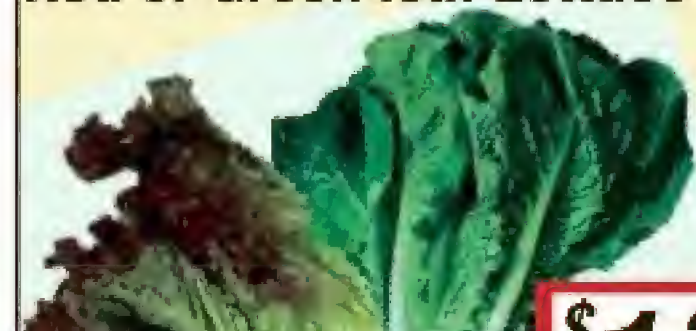
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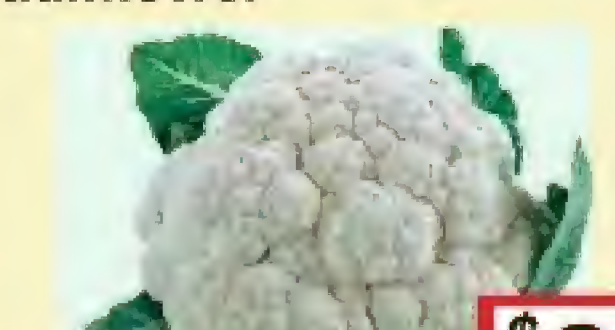
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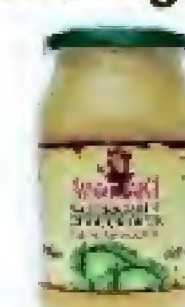
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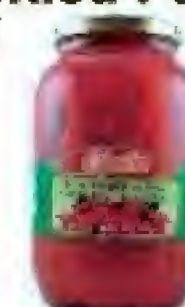
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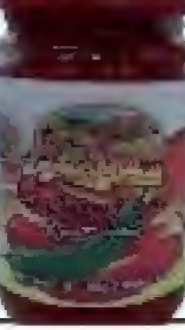
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Crowdfunding success is not so easy

INNOVATION

Campaigns on Kickstarter have 44 per cent success rate

Despite a handful of high-profile successes, industry data show the majority of Crowdfunding campaigns fail, with most commercial ventures hosted on the web platforms never shipping a product to market.

That's not to dismiss the social and economic value of social funding, said Ali Zahid, a 22-year-old entrepreneur who is co-founder of Toronto-based hardware and technology com-

pany Vanhawks.

The company sells the Valour — connected, carbon fibre bicycles with blind spot sensors and GPS navigation. The customizable and unique Bluetooth-enabled bikes start at \$1,549 (U.S.).

"I'm grateful," said Zahid, explaining that besides resources to help bootstrap the business, Crowdfunding offered a proof of concept for potential stakeholders and unparalleled access to global markets.

It has also been an obvious boon to non-profits and pursuits like journalism, music and films, with Brooklyn-based Kickstarter calling it a core mission to bring otherwise unfunded creative projects to life.

Still, roughly 50 per cent of



Chief Manufacturing Officer Adil Aftab Iqbal, front, and Chief Operating Officer Ali Zahid from VanHawks have created the Valour, the first smart connected bike which has raised over \$500,000 in Kickstarter funding. TORSTAR NEWS SERVICE

crowdsourcing campaigns in all categories fail to raise targeted funds. In fact, campaigns on the biggest site, Kickstarter,

have about a 44 per cent success rate, according to research firm Massolution.

Funding goals are missed for

24

The average number of Kickstarter projects launched each day in Canada.

such reasons as unclear aims and a lack of attainable objectives. Even if a campaign meets its financial target, the move from prototype to mass production can be a minefield of delays and unforeseen costs, especially for inexperienced entrepreneurs.

Despite notable commercial Kickstarter success stories such as the Pebble smartwatch and

the Oculus Rift virtual reality headset, the mountain is steep for startups relying on crowd-sourced funding to survive and grow.

With an average of 24 new projects launched each day, Canada is among the leading countries in the world when it comes to setting up a Crowdfunding campaign.

In 2015, it ranked third in the world for Crowdfunding — behind only the U.S. and the U.K. — with 1,754 campaigns. That predominance is due in part to the fact that Canada allows for rewards-based, non-equity Crowdfunding with minimal regulation and has been an early adopter in the field.

TORSTAR NEWS SERVICE

TRAVEL

First U.S. cruise in decades Cuba-bound

The first U.S. cruise ship bound for Cuba in 50 years was set to sail from Miami on Sunday and give travellers a taste of local art, music and dance in a festive offshoot of the restoration of diplomatic relations.

The Adonia, a vessel from the Carnival cruise's Fathom line, was set to raise its anchors with some 700 passengers aboard.

It was scheduled to sail into the port of Havana on Monday, its first stop on a visit to the communist-run island.

The voyage was to be the first of what Carnival says will become weeklong cruises to Cuba twice a month, with the goal of promoting cultural exchange between the two countries following a warming of ties that began in December 2014 and culminated last year with the restoration of full diplomatic ties.

"Fathom offers a truly historic opportunity for travel to Cuba: a chance to help build new bridges to a rich and vibrant culture that, until now,

most U.S. travelers have only seen in photographs," the cruise-ship website says.

Uncertainty over whether the cruise would take place was cleared up only last week, when the Cuban government of Raul Castro lifted restrictions for seaborne visits of Cubans to and from the United States, opening a door for Cuban-Americans born on the island to board the ships.

At first, keeping in mind Cuban restrictions imposed when the island's Communist regime feared a landing of anti-Castro militants, Carnival refused to accept reservations from such people.

This quickly resulted in charges of discrimination and a firestorm of criticism.

Carnival, the world's leading tour ship operator, eventually relented and began to allow reservations from Cuban-born customers. But its conditions to start the visits were for Cuba to allow its citizens to sail freely.

AFP



The first U.S. cruise ship bound for Cuba in 50 years was set to sail from Miami on Sunday. SHUTTERSTOCK/APP

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Dear Ellen,

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Anonymous

Dear Anonymous,

Strangely, this is not the first time I've been asked this exact question — which I mention only to assure both mothers-in-law and their would-be evaders on Facebook that they're not alone; and also, in case any suspicious mothers-in-law are reading this column, to make it more difficult for them to pinpoint which wretched son- or daughter-in-law doesn't want to friend them.

In terms of etiquette, it's perfectly acceptable to ignore or decline friend requests from strangers, unknown friends of friends, workplace acquaintances or neighbourhood stalkers. Nor should you have the slightest qualm about instantly deleting a friend request from a mother-in-law from whom your spouse is estranged.

But if she's in your life, and you want to be on good terms with her, and she's savvy enough to see through your bald-faced lies about not being on Facebook, or not receiving her requests, you have little choice but to accept.

I duly acknowledge the countless ways in which this could ruin Facebook for you: endless photos of food, animal

hijinks, inspirational sayings, painfully outdated gifts or racist jokes, etc. A steady torrent of this kind of sludge can fatally clog up any timeline, but if it gets too bad, you can always use the little arrow at the top right corner of her latest post to "Unfollow" or "Hide all" from her.

If she then phones you directly to demand why you didn't like her photo captioned "Family garage at sunset," you may have to risk hurting her feelings with the truth: that you are secretly employed by a covert government agency fighting industrial espionage, and you can't risk exposing vulnerable family members on social media.

But, tell me, Anonymous, am I right in presuming your reluctance has as much to do with what's in your own timeline as with what's in your mother-in-law's? Because there are ways to hide those things. Unfortunately, I don't know them, partly because I'm ever-



© Ann Castille

so-slightly older than 30, but mostly because the algorithm hasn't been invented yet for "Let certain people see some things but not the things that might embarrass them or me."

All I can recommend is that you book a day off work, make a big pot of coffee, or some other soothing beverage, and start rummaging around in Facebook's privacy settings.

You could also divide your friends into separate "Post to" groups, such that certain kinds of friends can see what others aren't allowed to. No, it won't be a short or easy chore, but you can't put a time-and-energy price on what your paranoia and OCD demands. So consider these categories:

- Most everybody except my mother-in-law
- Most everybody except those to whom photos of me in a bathing suit are off-limits
- Family and certain close friends who don't mind seeing photos of

my pet/child/garden/ dinner

- Exes and/or childhood bullies whom I want to trick into thinking that my life is a fabulous merry-go-round of parties, romantic escapades and career triumphs
- Potential employers to whom I want to appear professional, accomplished and sober

I have nothing against mothers-in-law and will happily adopt the role myself if necessary. And I heartily disapprove of dumb, misogynistic, sexist jokes about them. But the fact is, dear Anonymous, this particular breed of relative requires delicate handling, so it's best to just accept there's no easy answer, and no more Facebook freedom in your future.

Need advice?
Email Ellen:
askellen@metronews.ca

ROSEMARY WESTWOOD

Ready or not, a new model of beauty standards is coming

Probably the most beautiful feed on Instagram is Lorde Inc.'s.

It features a steady stream of bare, untouched faces hues in the spectrum of humanity. Men and women and the gender-flouting. People who are completely non-uniform, save for defiant gazes. And defiantly non-white.

Lorde Inc. is a modelling agency, co-founded by Vancouver-born Toronto transplant Nafisha Kaptownwala, dedicated to people of colour. (It's named after Audre Lorde, the prominent black, lesbian, feminist poet.)

As far as Kaptownwala knows, it's the first of its kind in the world, and for two years it's been casting and promoting racial diversity in fashion, signing models that live outside the industry's strict preference for specifically proportioned white women and men. Some of its models are "too short" (one is five-foot-four), or "too tall," and while are all rarely seen on runways, or in mainstream magazines, some are taking notice.

Lorde Inc. models have worked for Adidas and graced the pages of Rookie, i-D and Dazed magazines. But despite some success in the U.K. (where Lorde Inc. was founded) and New York, Kaptownwala has found the mainstream Canadian market reluctant, at best.

When Kaptownwala first began to set up shop in Toronto late last year, she spoke with agents who told her

"Canada is not ready for you."

"The Canadian fashion climate is BASIC, like basic, super basic," she said.

Naturally, she aims to change that.

She grew up in Vancouver, "in a mostly working-class, lower-middle-class neighbourhood," she told me when we met over the winter. Her best friends were in a crew of El Salvadorian, Haitian, Ethiopian, Filipina and Indian heritage.

"Everybody kind of came from the same experience of being second-generation, their parents being new migrants, and also kind of feeling estranged from this predominant white experience," she said.

But not till she got a job at an American Apparel in Vancouver's West End (her friends called it "White End") did she first feel exposed to racism. It gave her "this very real understanding of identity."

Lorde Inc. is one way she's seeking to re-establish the definition of beauty in our culture. "For me fashion is just an opportunity to create image, and put together ideas and visions that I like," she said.

Whether mainstream fashion magazines, Canadian companies or even luxury fashion houses are interested in those ideas and visions remains to be seen.

"We are providing models that are so different from what the industry is used to seeing," she said. "I don't really know if they're ready for us. I'm going to keep putting us out there."

The fact is, dear Anonymous, this particular breed of relative requires delicate handling

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
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Driving a bus changed his life

NEW BOOK

Craig Davidson pens memoir of year with special needs students

Craig Davidson was a punctual school bus driver. He swears he was.

Up at 5:30 a.m. sharp to give bus 3077 its daily physical — check the engine and gauges, flick lights, adjust mirrors, thump tires and test the wheelchair lift.

Then right on time to pick up his special needs students on Route 412 and drop them at their Calgary schools before the bell.

Not like today, when he's so late he almost misses our interview. But if there's anything to be learned from *Precious Cargo*, Davidson's new memoir about his year as a school bus driver, it's that redeeming moments come when you least expect them.

His late arrival coincides with a fellow "knight of the road" parking her yellow school bus right in front of our meeting place after dropping kids for a field trip. She's delighted to talk shop. And Davidson gets the perfect backdrop for pictures.

It's the kind of random, everyday connection the Toronto writer brings to life in *Precious Cargo*, things you can't plan that land like small gifts.

The book explores the special bond that forms between



Craig Davidson's new memoir *Precious Cargo* shows redeeming moments happen when you least expect them.

J.P. MOCZULSKI FOR TORSTAR NEWS SERVICE

one struggling adult and five students with physical and developmental challenges as they drive around together twice a day, five days a week, from September to June.

The journey, it turns out, is not just the one on the road.

Davidson took the job out of desperation at a low point in his life. It was 2008, he was 32, broke and flailing as a fiction writer when he found a flyer in his mailbox.

He was assigned a small special needs bus for kids in middle school and high school.

His charges included a 16-year-old boy in a wheelchair who had cerebral palsy and others with conditions like autism and Fragile X syndrome.

Things slowly changed as he met his responsibilities day after day, listened and became a friend to his young charges.

"I'd been useful," he writes after one typical afternoon on the job. "It had been a while since I'd felt vitally so."

Davidson never planned to write about the experience, though he did alert parents early on that he was a writer.

No one asked to switch buses. Names and identifying characteristics were changed in *Precious Cargo*.

Soon he was so struck by the "elliptical, hilarious, ever-shifting" conversations he overheard that started scribbling them down on gum wrappers and blank pages ripped out of his paperbacks.

He and the kids chatted about the stuff of life. But like him, they also had a passion for superheroes, sci-fi and flights of fancy. They made up the most colossal stories.

"They were a safety blanket of sorts to the kids, and that's what they became to me too," he writes.

"I felt snug and happy within the parameters of their tales." Jotting down those exchanges was "like catching fireflies." Davidson took home the pieces and taped them on his wall.

He wanted to capture the kids' spirit, and all the nuances, good and bad, of their funny, compassionate and sometimes mean-spirited episodes.

They are voices too seldom heard.

People often ask what the students taught him. But Davidson chafes at the question. He just wanted to tell a story.

"Asking those kids to teach me anything is kind of not fair," he says.

"I think that's the danger of writing about children with special needs. You think they've got to be instilling some sort of deep lessons and giving you a better way to live your life."

When he was that age, "I was just allowed to be a kid."

Initially, he considered them teens like any others. Now he thinks not acknowledging differences — whether a wheelchair, being non-verbal, or a another way of processing the world — amounts to romanticizing.

The question is "what does it ask of us to accept those differences? Nothing."

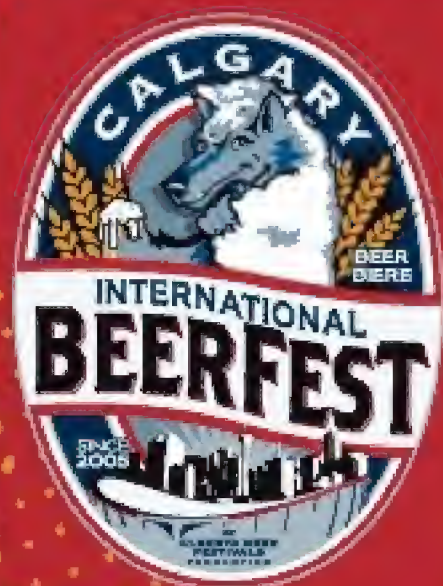
Those students are young adults now. Davidson keeps in touch with one of them. They all got manuscripts but who knows if they'll read the book.

Davidson, 40, now has a three-year-old son and a soaring career. His short story collection *Rust and Bone* was made into a film.

His novel *Cataract City* was shortlisted for the Scotiabank Giller Prize.

But his year on the school bus still looms large. His next book of stories includes one based on an event that happened on Route 412 — one that wasn't included in *Precious Cargo*.

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Malia Obama eyes gap year before college

TRANSITION

First daughter to take year off before heading to Harvard

President Barack Obama's daughter Malia will take a year off after graduating high school in June before attending Harvard University in 2017.

"The president and Mrs. Obama announced today that their daughter Malia will attend Harvard University in the fall of 2017 as a member of the Class of 2021," said a short statement issued Sunday by first lady Michelle Obama's office. "Malia will take a gap year before beginning school."

Harvard College, where Malia would enrol, encourages admitted students to defer for one year to travel, pursue a special project or activity, work, or spend time in another meaningful way. The student must not enrol in a program at another college that would grant them a degree.

Malia, the eldest of the Obamas' two daughters, is a

17-year-old senior at Sidwell Friends, an exclusive private school in the District of Columbia that helped educate another first daughter, Chelsea Clinton, in the 1990s. Malia's younger sister, Sasha, 14, is a freshman at Sidwell. Malia is set to graduate high school in June. She turns 18 on the Fourth of July.

Obama has spoken publicly about dreading the day when Malia leaves for college, and the decision for Malia to take a gap year could keep her closer to home as her family prepares for another major transition next year, leaving the White House and returning to normal life. Obama plans to live in Washington for a few more years so Sasha can finish high school. He still owns a home in Chicago.

The first lady has said Malia wants to be a filmmaker. Malia spent last summer in New York City interning on the set of HBO's *Girls*, starring Lena Dunham. She spent the summer of 2014 in California working as a production assistant on *Extant*, a now-cancelled CBS sci-fi drama that starred Halle Berry. Malia has also had internships at the Smithsonian's National



President Barack Obama and daughter Malia make their way to board Air Force One last month. Obama has said he isn't ready for Malia to leave the nest. "She's one of my best friends," he told Ellen DeGeneres during an appearance on her talk show. GETTY IMAGES

Zoo in Washington.

The president turned down an invitation to speak at Malia's Sidwell graduation because he will be too emotional.

"I'm going to be sitting there with dark glass, sobbing," he told Ellen DeGeneres during an appearance on her talk show.

Obama grew up without his

father, who was born in Kenya and is now deceased, and has spoken of his desire to be there for his kids. The bond between Obama and his children was readily apparent, as he often was seen holding hands with either daughter getting on or off the presidential aircraft or on the family's walks through

Lafayette Park to attend services at St. John's Episcopal Church.

Malia joined her father earlier this month on a three-day trip that started at the University of Chicago Law School, where he once taught constitutional law, to discuss his stalled nomination of Judge Merrick Garland to the U.S.

Supreme Court. From Chicago, they flew to Los Angeles and San Francisco, where the president attended fundraisers and played golf.

"Both of my daughters are wonderful people. Malia's more than ready to leave but I'm not ready for her to leave," Obama told DeGeneres.

"She's one of my best friends. It's going to be hard for me not to have her around all the time, but she's ready to go. She's just a really smart, capable person and she's ready to make her own way."

Malia visited at least a dozen public and private colleges during her search, mostly on the East Coast. Six of the eight Ivies were among them, including her parents' alma maters.

The president is a 1983 graduate of Columbia University, and Mrs. Obama graduated from Princeton in 1985. The president and first lady earned law degrees at Harvard.

Malia also checked out the University of California, Berkeley; Stanford; New York University; the University of Pennsylvania; Barnard; Tufts; Brown; Yale and Wesleyan.

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RELEASE

Arctic Comics celebrates the North



Arctic Comics with its mythological heroes, tall tales and meditations on what it means to be Inuit is back after 30 years. THE CANADIAN PRESS HANDOUT

It was one of the most successful cultural exports from the North since someone suggested southerners might like those little carvings.

Thirty years after amazing and entertaining audiences at Expo 86, Arctic Comics with its mythological heroes, tall tales and meditations on what it means to be Inuit is back.

"There's no shortage of stories up here," said Nicholas Burns, one of the artists behind the 88-page, full-colour comic book being published this month.

The first Arctic Comics began almost as a lark when the Northwest Territories government realized it would need northern material to sell at its pavilion at Vancouver's

world party.

"I put in a proposal saying I'll do up this comic and do up stories of Inuit past, present and future and they thought it was a great idea," said Burns, who was then living in Rankin Inlet, now part of Nunavut. "I essentially self-published and sent them down and they sold like hotcakes."

The N.W.T. pavilion turned out to be one of the hits of the fair. Eager visitors snapped up 60,000 copies of Arctic Comics. "It was round-the-block lineups all the time."

The plan was to do it again for Expo 92 in Seville, Spain. But the team missed the publication window and Arctic Comics languished.

Until now.

With the same past, present and future focus as the original, the new Arctic Comics features a trip with a legendary Inuit Ulysses in Kiviuk versus Big Bee. The fantastical adventure of the long-ago traveller, drawn from Inuit myth, was written by the late Jose Kusugakm, one of the founders of Nunavut, and illustrated by Germaine Arnaktauyok, who drew the drum dancer on the back of a special-edition toonie.

There's a romp entitled The Great Slo-Pitch Massacre and a science-fiction yarn called Blizzard House — aficionados will recognize artist George Freeman who drew Captain Canuck.

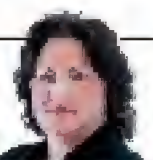
THE CANADIAN PRESS

The myths about a good credit score

ADVICE

A high score doesn't equal financial health

Gail Vaz-Oxlade
For Metro Canada



In days of yore when savings was a thing, people measured their financial well being by how much money they had, less how much money they owed: their net worth. Now everyone is hopped up on the credit score.

I don't have the highest possible credit score. Does that surprise you? Depending on whom you ask, scores top out anywhere between 850 and 900.

I'm sitting somewhere in the 700s. Is it because I'm a bad credit risk?

Well, if you measure me in terms of "profitability" which the credit score is designed to do, the answer is a resounding yes.

You should understand how a credit score is calculated and the extent to which it is based on you doing the wrong thing with your credit. The very things that give you a high score — that make you a profitable customer — are completely counter to sound money management.

I pay off my balance in full every month, which actually lowers my credit score. Despite the fact that I zero my card every month, the credit scoring system penalizes me if it randomly checks my credit utilization and I'm up too high.

No one can predict the exact point when the credit scoring system checks a balance, so if I'm close to my limit just before I plan to pay off my balance I'd lose points big-time.

So what is "credit utilization?"

Under the credit scoring rules you should never have a balance that's more than 30-50 per cent of your credit limit.

The credit-to-debt ratio (or credit utilization) is calculated like this:

Debt Used ÷ by Available Credit x 100 = Debt Load

So if I'm carrying a \$1,200 balance on a credit card with a limit of \$2,000 my calculation looks like this: \$1,200 ÷ \$2,000 x 100 = 60 per cent.



Quit chasing a high credit score and instead focus on managing your money smartly and getting debt free. ISTOCK

Despite the fact that I pay my balance off in full every single month, I'll get dinged on my credit score.

This credit utilization thing is designed to make people carry credit limits in the stratosphere.

Since you never want to come close to your limit, you better accept all the rope lenders are willing to hand you.

Credit scores also reward you for using different types of credit: credit cards, lines of credit, loans.

Limit the amount and type of credit you use and your credit score drops.

I don't use my credit cards for anything other than convenience. I don't borrow money to buy shite I don't need to impress people I don't know.

But since lenders want me

to make full use of their wide range of products, they'd give me more points for using a variety of credit, which actually works against my best interests.

Once upon a time we measured and rewarded financial sustainability.

We threw that out the window when the easy-peasy credit score came along and lazy lenders didn't have to look at your character, capacity to repay, or credit history.

Quit chasing a high credit score. Focus on managing your money smartly and getting to debt-free forever. Then your credit score won't matter a whit!

For more money advice, visit Gail's website at gailvazoxlade.com

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'There really are opportunities'

WHY I LIKE MY JOB

**Lauren Lake, 24
Kitchener, Ont.
Co-Founder and Chief
Revenue Officer, Bridgit**

I didn't take a typical engineering job, but I still use a lot of my engineering skillset. Bridgit is a software company focused on the construction industry, so we interact with civil engineers or people from that background.

But then on the sales side, I approach it from a very mathematical point of view. It's been a lot of experimentation, figuring out exactly how to build the sales model. In a lot of ways, it's very similar to solving a big engineering problem.

One of the biggest things I've learned is to look for opportunity everywhere. When I was graduating school, this wouldn't be the most obvious career path — I'm focused on sales, and it's a start-up.

It's not a traditional engineering job, but it still uses my education in a lot of ways. To people who are graduating, I would say to look for opportunities no matter what path they're down, because there really are opportunities everywhere, and not just in one specific field.



THE BASICS: Civil Engineer

\$82,000

Median wage of people working as civil engineers, according to George Brown College's Career Coach tool. The average entry-level salary for Civil Engineers is **\$53,000**. Eventually civil engineers may make as much as **\$122,000** a year, and can earn even more as company owners or directors.

Steady

The growth forecast expected in this field over the next four years

Data for this feature was provided by georgebrown.ca, ontariocolleges.ca, Ryerson.ca, uwo.ca, and servicecanada.gc.ca.

HOW TO START

- Civil Engineering Technology, Advanced Diploma
- Civil Engineering Technician, Diploma
- Construction Engineering Technician, Diploma
- Bachelor of Civil Engineering, Degree
- Bachelor of Engineering Science, Degree

WHERE YOU CAN GO

A background in Civil Engineering can lead to a variety of engineering careers, including bridge building, hydraulics, sanitation, public works, transportation, geomatics, highway construction and environmental consulting.

NEXT CAREER STEP

Several management options are open to civil engineers; entrepreneurial engineers may want to brush up on their business skills before launching their own company, while research-oriented types can consider pursuing a Master's or Ph.D. **METRO**

+ IN BRIEF

Google hints at cyborg eye implant

Google has filed a patent for a vision-correcting electronic device that would see the human eye's natural lens replaced with an electronic lens implant.

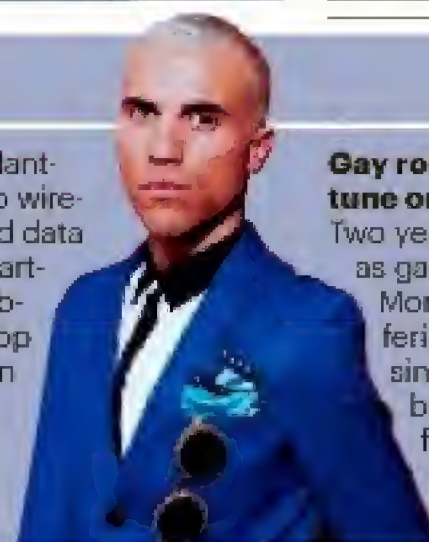
Discovery Magazine reports that the cyborg eye implant would potentially have the

ability to change its shape and adjust the wearer's vision with liquid crystals, micro mirrors and tiny micro-fluidic pumps.

It could also be fitted with additional lenses to help fix eyesight problems such as nearsightedness or astigmatism. The invention from the tech giant is also expected to include features that would

allow implant-wearers to wirelessly send data to any smartphone, tablet or laptop that has an Internet connection.

AFF



Gay rock singer changes tune on Mormon religion

Two years after coming out as gay and praising the Mormon church for offering support, the lead singer of a popular rock band is denouncing his faith in his latest music video.

Tyler Glenn (seen

left) of Neon Trees, a Utah-based band, released the video Friday for a single titled 'Trash,' in which he appears to be trashing the church. The video includes images related to the church and shows Glenn drinking alcohol. Glenn told Rolling Stone magazine that his belief in the Church of Jesus Christ

of Latter-day Saints changed about six months ago. In November the church announced people in same-sex couples could be excommunicated, and that children of those couples must disavow homosexual relationships and cannot be baptized until they are 18.

THE ASSOCIATED PRESS

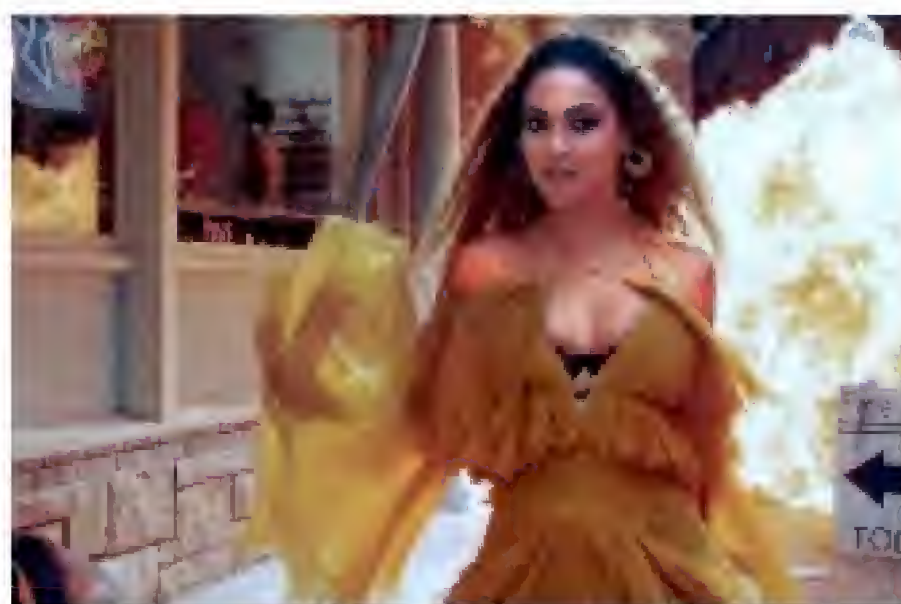
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JOHANNA SCHNELLER WHAT I'M WATCHING



Beyoncé seen in the sequence for her song Sorry in the visual album *Lemonade*. CONTRIBUTED

Beyoncé begins a crucial conversation

THE SHOW: Beyoncé's "*Lemonade*" (Tidal)
THE MOMENT: The home movies

Throughout Beyoncé's hour-long visual album — which apparently details her emotional journey from her discovery that her husband, Jay-Z, was unfaithful, to her decision to reconcile — there are costumes, sets, dancers. But two-thirds of the way in, when Beyoncé sits cross-legged on the floor, playing an electric piano and singing Sandcastles, those other things drop away.

In flashes, we see her in bed, glasses on, reading the paper. She kisses the wedding-ringed hand of the man beside her — Jay Z. Those images are staged, but during last few songs, we catch glimpses of candid home movies: Beyoncé and Jay-Z eating wedding cake; Beyoncé pregnant; she and Jay-Z getting I-V tattoos in honour of their daughter, Blue Ivy; at Ivy's birthday, wearing paper hats.

The last shot, in the song All Night, ("My love is stronger

than your pride"), is a home movie of Beyoncé, Jay-Z and Ivy frolicking outside. This, we are reminded, is a family. It's been a week since Beyoncé Knowles Carter dropped her emotional bomb. What lingers?

Aside from the fact that she turned the world on to the poetry of Warsan Shire and the 1991 film *Daughters of the Dust* (the former's books sold out on Amazon mere hours after the video dropped; the latter is being reissued), it's mainly those glimpses, tucked into the tightly controlled vocals and choreography, of unscripted family life.

Many spouses cheat. Some reconcile. Beyoncé is the self-proclaimed "baddest woman in the business," but she's also a wife and mother. By owning her pain and her decisions, she's starting a conversation that needs to be had.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

A new mystery series with a Canadian twist

TELEVISION

Houdini & Doyle is headlined by a canuck actor

Tony Wong
Torstar News Service

At first glance, *Houdini & Doyle* has similarities to Canada's own *Murdoch Mysteries* that go beyond the merely superficial.

Both are TV series depicting turn-of-the-century detectives and populated by historical figures. They are both produced by Shaftesbury.

Parts of *Houdini & Doyle*, which premieres on Global Monday at 9 p.m., were shot in Canada. And the executive producers happen to be Canadian.

That includes former Torontonian David Shore, the creator of *House M.D.*, which featured a medical practitioner who was the Sherlock Holmes of the medical world.

Shore says any similarities to *Murdoch* are purely coincidental. "We came at it not having watched *Murdoch*; it is its own show."

With shows around such as *Downton Abbey*, *The Knick* and *Peaky Blinders*, making a period drama was not a huge stretch.

"Even though it's not set in contemporary times, the issues are still current," says Shore. "Issues of prejudice, gender equality, fear of the outsider were complicated a hundred years ago and they're complicated now, and we hope to look at that through the lens of these two men."

London, Ont., native Rebecca Liddiard is the woman who collaborates with the two famous



Stephen Mangan as Sir Arthur Conan Doyle, Rebecca Liddiard as Adelaide Stratton and Michael Weston as Harry Houdini in *Houdini & Doyle*, which premieres on Global on Monday at 9 p.m. CONTRIBUTED

men in the series: author Sir Arthur Conan Doyle and illusionist Harry Houdini. She plays the first female constable on the Metropolitan Police force as she investigates the underworld with the two renowned figures.

"It has occurred to me that it's a little like *Murdoch*, but it's also supernatural, which I think is key," says Liddiard in an interview. "That whole element of the unknown seems to up the stakes; it's darker, grittier, more shadowy, and you have the relationship between these two well known men at

Issues of prejudice, gender equality, fear of the outsider were complicated a hundred years ago and they're complicated now

David Shore, executive producer



the heart of the story."

It's also fascinating that Doyle, a trained medical doctor and a man of science who created the most logical fictional character on record, believed in the supernatural. Houdini, on the other hand, spent much of his life debunking the quackery

behind mediums.

A lesser known historical fact is that the two men were friends in real life.

"When I first heard about the friendship between the two men I kept thinking how has this not been made into a TV series already?" Shore says.

CASTING CALL "A 12-YEAR-OLD FEMALE BRYAN CRANSTON"

Anne of Green Gables producer on the hunt for the perfect Anne

The former *Breaking Bad* writer in charge of CBC's new *Anne of Green Gables* adaptation is on the hunt for "a 12-year-old female Bryan Cranston."

Emmy Award-winning writer Moira Walley-Beckett notes her version of the Lucy Maud Montgomery classic includes "a very, very demanding role" for a yet-to-be-cast girl. Beckett's spin on the coming-of-age tale won't shy away from Anne's dark and difficult past.

"Anne is damaged, she never wasn't. I'm not reinventing the wheel here in that regard," Walley-Beckett says of delving into lesser-known aspects of Anne's tumultuous life pre-*Green Gables*.

"She says: 'Am I talking too much? Everybody always tells me that I do. It seems to cause no end of aggravation.' What does that mean?"

Production is expected to begin this summer.

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Now that summer is approaching, your kids will begin day camp for the first time. It might be a big adjustment. ISTOCK PHOTOS

First time at camp a positive stress

SUMMER

Kids being nervous isn't necessarily a bad thing

Izabela Szydlo

Last September, your baby started school and now that summer is approaching, he or she will begin day camp for the first time and will, again, have to adjust.

While you may be a bit worried, one of Canada's leading non-punitive parenting and education experts says the stress of being a first-time day camper isn't necessarily a bad thing.

"Children are very resilient," says Judy Arnall, author of *Parenting With Patience*. "Encountering something new like day camp brings positive stress for a child. They are anxious, but once they have gone and made friends, they have accomplished something and are glad they did it."

While Arnall says the anxiety isn't dangerous, she does recommend that parents not gloss over it.

Rather, she says, offer your child some useful tips for overcoming the feeling such as deep breathing and thinking positively about new adventures and friends. She also says preparing your child by explaining the day

camp structure will help to ease worries.

"The more prepared children are on what to expect, the better the experience," she says. "They want to know what to bring, wear and eat. If the parents can set up a chance to visit before the actual camp date, this will help alleviate fears."

Once your child actually starts camp, Arnall says to be aware that he or she may experience some initial separation anxiety. Because each child is different it is difficult to pinpoint how long that may last but she says not to give up on the idea of day camp too quickly.

"Parents can listen and acknowledge how the child feels, but may still wish to keep them enrolled," she says. "Brainstorm some coping strategies with the child. If the child has given it a couple days and really, really hates it, let them quit. But if you, as the parent, think that they will adjust, and they have in the past, then encourage the child to keep going."

Another way to ensure your child's transition to day camp is a smooth one, says Arnall, is to avoid asking the minute details of what happened at camp and trust your parenting instincts.

"Parents will notice if the child had a good time or not if they are looking forward to the next day," she says. "You could ask the best and worst moment of the day and get an idea of how it is going."

SAIT SUMMER CAMPS

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ISTOCK

It's time to act on mental health

CMHA CAMPAIGN

Association wants to turn awareness into action

Jason Menard

This year marks the 65th anniversary of Canadian Mental Health Week. But instead of considering retirement, the week is more relevant than it ever has been — and this year's focus on the senior age group is reflective of the growing need for awareness and understanding.

"In the early days, Canadian Mental Health Week focused on serious and persistent mental illness," explained Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "We're broadening the perspective of the continuum of mental health. This is

why we chose seniors as the main theme for this year's campaign. If you are a senior with mental health issues, it's much harder to deal with them. They have internalized stigma about mental illness and they have to deal with their peers and their own attitudes and behaviours."

One in five Canadians has some form of mental illness, Dr. Smith explained. And while that number is dramatic in its own right, the prevalence is even greater within the senior community.

"If the ratio is one in five amongst Canadians as a whole, with seniors it's one in four. But they're less likely to come

forward and discuss this with their general practitioner or their friends because of that internalized stigma," Dr. Smith explained. "They have more of the natural triggers and stressors —

they're at the age where they're experiencing loss, such as the loss of loved ones; and they have existential issues, like dealing with retirement and their own

1 in 5

One in five Canadians has some form of mental illness.



Seniors are more likely to struggle with mental illness due to internalized stigma. iStock

mortality."

Canadian Mental Health Week runs from May 2 through May 8 and features events and activities across hundreds of communities, including art shows, film screenings, seminars, and

awareness walks designed to provide Canadians with information, resources, and tools to stay mentally and physically healthy all year.

Not only does this year mark the 65th anniversary of Can-

adian Mental Health Week, but 2018 sees the 100th anniversary of the Canadian Mental Health Association. The goal is to put awareness into action.

"As the World Health Organization says, without men-

tal health there is no health. We're working towards a full year where we're focusing on raising awareness of diagnosed mental illness," he said. "Our goal is to move this from talking about it to acting upon it. That's why the theme is 'Get Loud.' We want to see workplaces embrace it. Our goal is to have practical tools being used. A growing number of organizations are proactively getting loud about mental health. You're going to see venues like the CN Tower and Niagara Falls turning green in support of Mental Health Week."

"The focus is on practical solutions. Canada is one of the lowest when it comes to our proportion of health care funding going towards mental illness amongst G8 nations. We would never have a society that's happy with hospital wait times being amongst the lowest in the G8, so we shouldn't be satisfied with our mental health performance. If we're talking one in five people, then everyone's affected. We have to make practical changes."

For more information on Canadian Mental Health Week, visit mentalhealthweek.cmha.ca.

MIND YOUR MIND

Youth lead in sharing and caring

Youth are leading the way in regards to changing attitudes towards and acceptance of mental health issues amongst their own demographic. And while there is still much that can be done to support youth with mental health issues, there's a strong foundation of support created by the community itself.

"Youth often reach out to each other and learn from peers who have gone through similar situations," explained Melissa Taylor-Gates, program manager at mindyourmind.ca. "They work together and build solutions together — it very much speaks to the resiliency of youth."

Mindyourmind is a non-profit mental health program encouraging youth, emerging adults, and the professionals who serve them to co-develop reliable and relevant resources, with the goals of reducing the stigma associated with mental illness and increasing access and use of community support mechanisms.

It's all part of an attitudinal shift that sees Canada's youth leading the way in acceptance, understanding, and support of mental health issues.

"It's almost like gay rights — if you go to a high school today, they'll say, 'What's the big deal?' But if you went to a high school



Young Canadians are at the forefront of a shift in attitudes towards mental health. iStock

in my grandparents' day it was a big deal," added Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "Today's generation are growing up with much more awareness. There are special programs in schools to help deal with this."

Taylor-Gates pointed to youth supports in schools like quiet rooms, animal therapy, and other techniques to help students address mental health issues. However, these are not uniform and she added there's a need for increased funding and staffing of these efforts.

"In post-secondary, you can go to get mental health support

during a particularly stressful semester, only to find out that you're on a one-month waiting list," she explained. "By then your semester may be over, or how do you know you'll still need support then?"

This can be compounded by youth slipping through the cracks as they transition from youth services to adulthood. "A lot of people get dropped or they're not ready for the transition," she added. "The system is not working for them in the way they need. And there are often financial barriers that prevent people from getting support."

For youth looking for support, Taylor-Gates said mindyourmind is a great place to start, also referencing services like Kids Help Phone, which provides 24/7 support for youth through to young adulthood.

"We have a whole section about getting help — how to seek help, who to speak with, how to get ready for an appointment because that can be stressful if it's your first time," she said, adding that mindyourmind has a mobile app called Be Safe, which is currently supported in Ontario but will soon be extended out of province.

For more information, visit mindyourmind.ca. JASON MENARD

CMHA'S 65TH ANNUAL MENTAL HEALTH WEEK | MAY 2-8, 2016

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Sharks turn Preds into prey with 2-0 series lead

NHL PLAYOFFS

San Jose's big names deliver with big goals

Joe Pavelski scored the tie-breaking goal with 2:40 left in regulation and Martin Jones stopped 36 shots to lead the San Jose Sharks to a 3-2 victory over the Nashville Predators on Sunday night and a 2-0 lead in their second-round playoff series.

Logan Couture added a power-play goal and Joe Thornton scored an empty-netter to put the Sharks in control as the series shifts to Nashville for Game 3 on Tuesday night. San Jose won the most road games in the NHL this season and all three in Los Angeles in the first round.

Mattias Ekholm tied the game earlier in the third and Ryan Johansen also scored for

GAME 2 In San Jose



Nashville, but the Predators head home from California in much worse shape than they did in the first round when they won the first two games in Anaheim on the way to taking the series in seven games. Pekka Rinne made 21 saves.

After San Jose blew a one-goal lead earlier in the third, the top line delivered when it mattered most. Joe Thornton slid a cross-ice pass to Matt Nieto, whose initial shot was stopped by Rinne. But Pavelski battled the rebound in for his sixth goal of the playoffs to give the Sharks the lead.

Thornton scored an empty-net goal that proved crucial when Johansen scored with 3.6 seconds left for Nashville.

The Sharks scored first following an odd penalty late in the second period. Nashville defenceman Roman Josi tried to rush off the ice after a bad line change to avoid a too many men penalty, but jumped into the Sharks bench



Sharks centre Joe Pavelski scores a goal past Predators defenseman Shea Weber and goalie Pekka Rinne on Sunday in San Jose. TONY AVELAR/THE ASSOCIATED PRESS

because he couldn't reach his own in time.

That move shocked the San Jose players but didn't avoid the penalty and the Sharks made Nashville pay for the mistake. Early on the ensuing power play, Brent Burns fired a point shot on net that

Rinne stopped with his pads. But Couture jumped on the rebound and knocked it in with 1:24 left for his third goal of the series.

Rinne had helped keep Nashville in the game long enough to get the equalizer midway through the third.

With San Jose leading 1-0, Rinne robbed Nick Spaling with a pad save on a 2-on-1 with San Jose short-handed.

A few minutes later, Ekholm got the equalizer when his shot from the high slot got past a screened Jones to make it 1-1.

THE ASSOCIATED PRESS

NHL

Leafs land No. 1 pick, Flames to draft 6th

Six. Eight. Five. Thirteen.

It was that sequence of four numbers, the 162nd of 200 randomly assigned combinations, that won the Toronto Maple Leafs the draft lottery on Saturday night. Toronto, which finished 30th overall this season, had the best odds (20 per cent) of winning the lottery and will pick No. 1 overall for the first time in 31 years.

Maple Leafs president Brendan Shanahan declined to say who the club was prepared to select with that pick, though he said the team had a pretty good idea already. American centre Auston Matthews is widely seen as the top available prospect.

"I'll just say that our scouts were very pleased with tonight's results," Shanahan said shortly after the lottery's conclusion.

The Winnipeg Jets proved the second big winner after Toronto, jumping four spots into No. 2 overall.

The Jets entered the draft lottery with the sixth best odds (7.5 per cent) of landing the No. 1 pick. While they didn't land the top pick, they jumped ahead of the Columbus Blue Jackets, who have the rights to the third pick, as well as Canadian clubs in the Edmonton Oilers, Vancouver Canucks and Calgary Flames, rounding out the top six.

THE CANADIAN PRESS

AT DALLAS

Backes steers Blues to overtime triumph

Blues captain David Backes scored off a rebound during a power play 10:58 into overtime and St. Louis beat the Dallas Stars 4-3 in Game 2 to get even in the second-round series.

NBA PLAYOFFS

Raptors hang on to eliminate Pacers

The Toronto Raptors have finally erased all the heartbreak of playoffs past.

DeMar DeRozan poured in 30 points as the Raptors beat the Pacers 89-84 in Sunday's Game 7, winning their best-of-seven opening-round series against Indiana.

The series win was just the second in the Raptors' 21-year franchise history. They will face the Miami Heat in the Eastern Conference semifinals, with Game 1 on Tuesday in Toronto.

GAME 7 In Toronto



Rookie Norman Powell had 13 points for Toronto, while Patrick Patterson and Kyle Lowry had 11 apiece.

Jonas Valanciunas had 10 points and a game-high 15 rebounds. THE CANADIAN PRESS

NBA IN BRIEF

Warriors open with win over Blazers thanks to Thompson
Klay Thompson scored 37 points in another brilliant performance as fellow "Splash Brother" Stephen Curry watched injured, and the Golden State Warriors beat the Portland Trail Blazers 118-106 Sunday in the opener of the Western Conference semifinals.

Draymond Green had his second career post-season triple-double with 23 points, 13 rebounds and 11 assists for the defending champions.

THE ASSOCIATED PRESS

Curry's chances of playing in Game 2 are 'pretty slim'
Stephen Curry has resumed light shooting without movement on his injured right knee with the hopes he can get into scrimmages by later next week, perhaps in time to be ready for Game 3 of the Golden State Warriors' Western Conference semifinals at Portland.

Coach Steve Kerr said before Game 1 that it's "pretty slim" chances the reigning MVP would be ready for Game 2 Tuesday at Oracle Arena. THE ASSOCIATED PRESS

CURLING

Jones, Carruthers come out on top



Jennifer Jones
THE CANADIAN PRESS FILE

Jennifer Jones led from the opening end Sunday, beating Rachel Homan 7-5 in the women's final at the Champions Cup Grand Slam of Curling event.

Winnipeg's Jones broke the game open in the sixth, scoring three to take a 7-3 lead.

Reid Carruthers made it a Winnipeg sweep when he defeated John Epping 4-3. Carruthers needed two extra ends to seal the deal.

THE CANADIAN PRESS

RECIPE Zucchini Noodles with Sesame Almond Sauce



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

You can make "zoodles" with a fancy spiralizer but if you don't have one, no worries. Grab a vegetable peeler and make ribbons from your zucchini instead.

Ready in
Prep time: 15 minutes
Total time: 20 minutes

Ingredients

- ½ cup smooth almond or peanut butter
- 3 Tbsp soy sauce
- 1 Tbsp sugar
- 1 tsp sesame oil
- 1 Tbsp lime juice
- 2 Tbsp water
- salt and pepper to taste
- ¼ cup almonds or peanuts, chopped fine
- 1 Tbsp vegetable oil

- 3 small zucchinis, spiralized or ribboned
- ½ cup green onions, thinly sliced
- ¼ cup cilantro, chopped

Directions

1. Whisk together the nut butter, soy sauce, sugar, sesame oil, lime juice and water until everything is well combined. Taste before adding salt and pepper. Stir in nuts.
2. In a large pan, warm up the vegetable oil. Add the zucchini noodles and toss around over the heat for a minute or two. You're just warming them up and softening them ever so slightly. Turn off the heat and pour your sauce over top. Toss until all the noodles are coated.
3. Serve in bowls and top with green onions and cilantro.

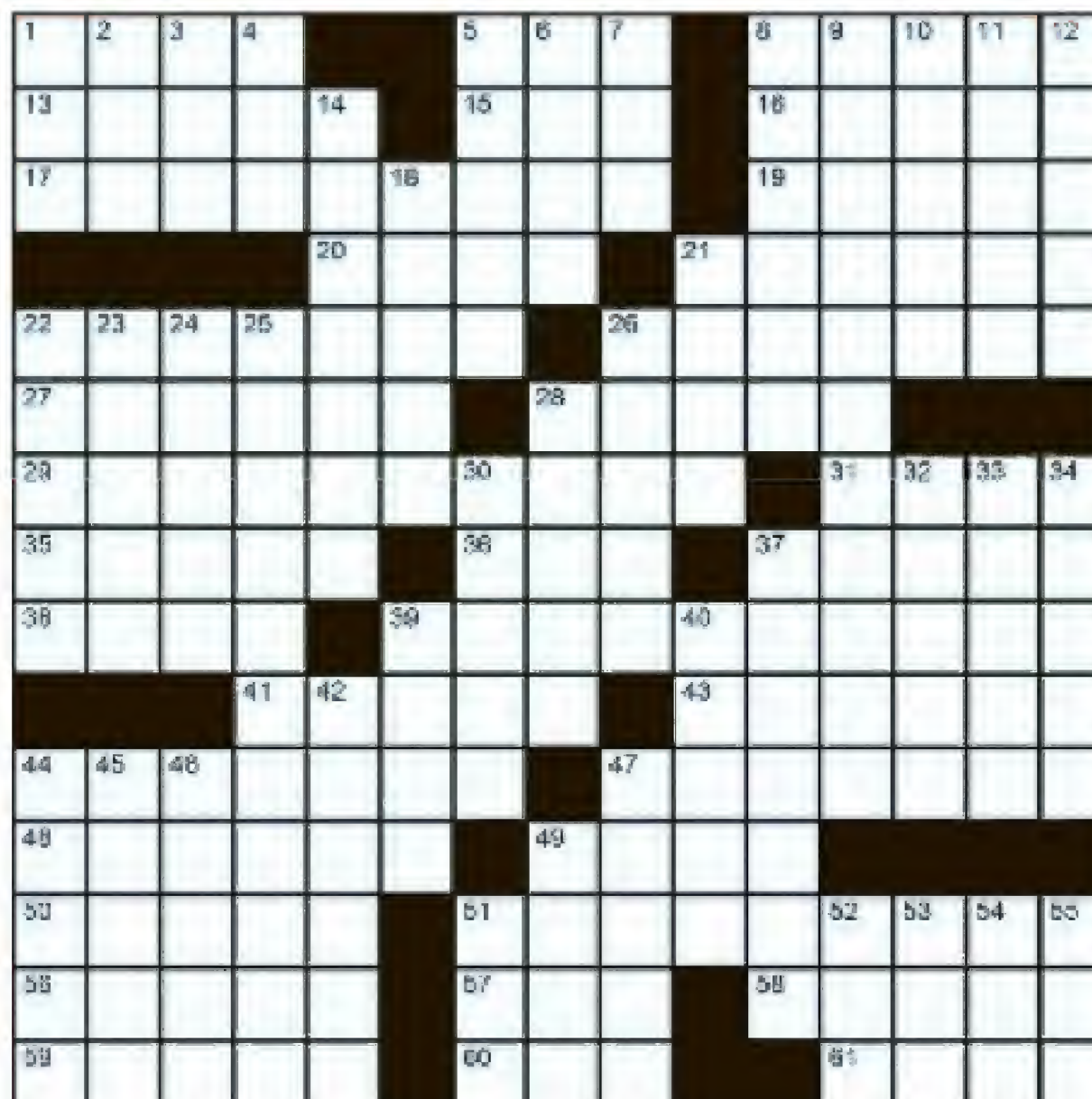
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Nile wader
5. Mila Kunis' hubby ...his initials=sharers
8. Helps the wrong-doer
13. Lifeboat lowering crane
15. Mr. Bachman
16. Space: Major and Minor
17. Niche market offering
19. Gambles
20. Singer, Jason
21. People/organizations
22. California newspaper, commonly: 2 wds.
26. "Quentin M.P." (Vintage CBC show starring Gordon Pinsent)
27. Mythical handsome guy
28. Mythical season goddesses
29. 2016's theme, as per #37-Down... Manus x Machina: Fashion in an Age of
31. Sci-Fi speed
35. Songwriter Ms. DioGuardi's
36. Sundial number
37. Tyler Perry character
38. "Superman" (1948) star Kirk
39. Bride's aisle decorations: 2 wds.
41. Faze
43. Listed, say
44. Dental complaint
47. Ungrateful one
48. Persists
49. Gull-like bird



50. Seaport of Israel
51. Movie ticket purchaser's request: 2 wds.
56. Upward
57. Blueberry dessert
58. Detest
59. Strained
60. "Vaseline" gr.
61. Folk tale character

acter Ali

DOWN

1. Egos and
2. Bread roll variety
3. 'Impress' suffix
4. As written
5. Sky's supporter
6. Edmonton Oilers owner Daryl

7. Fox's characteristic
8. Member of Canadian superheroes team Alpha Flight aka Jeanne-Marie Beaubier
9. Town in Nova Scotia that sounds like a Simon & Garfunkel tune
10. Mother in Eugene

- O'Neill's play Ah, Wilderness!
11. Reserved
12. Snake's snarls
14. Shania Twain's hometown in northern Ontario
18. "You __ Beautiful" by Joe Cocker
21. Entomb

22. Mechanic on "Taxi"
23. "Let's Make __"
24. "I'm not going __" (This is happy news, so I'll smile instead)
25. How a suspect is escorted to the police car: 2 wds.
26. Stray calf, variantly
28. Raise
30. CFL-ers in BC
32. "Battlestar Galactica" commander
33. Rent again
34. __ deux (Duet's dance)
37. Celebrity costume-inspired fashion event in New York City each Spring: 2 wds.
39. Mr. Tamblyn of "West Side Story" (1961)
40. Betty Grable, famously
42. Get the drink to fizz
44. Nirvana-attaining Buddhist
45. Bluesy street in Memphis, Tennessee
46. Offshoot
47. Michael McDonald's " __ Forgettin' (Every Time You're Near)"
49. Vexed state
51. Photo __ (PR events)
52. Reflux
53. "Hunting High and Low" '80s band
54. Bawl
55. Baseball pitcher's stat.

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Doubts you have this morning will fade away by the afternoon when you see how something actually can be done. Whew!

Taurus April 21 - May 21
This morning you don't have the funds or the support from others that you need. Then later in the day, voila! Your solution appears!

Gemini May 22 - June 21
Don't be discouraged if authority figures rain on your parade this morning. Later, you will find a way to do things anyway. (Count on this.)

Cancer June 22 - July 23
Avoid important discussions with partners, parents and bosses this morning. Their response will be, "Talk to the hand." Later in the day, though, things are much better.

Leo July 24 - Aug. 23
You might be disappointed by your share of something this morning. Things might look bleak. Fear not, because later in the day, you see how to improve matters.

Virgo Aug. 24 - Sept. 23
Dealings with others won't be easy this morning. Avoid domestic arguments, especially with older relatives. (Fortunately, this day improves as it wears on.)

Libra Sept. 24 - Oct. 23
This morning is a poor time to talk to bosses or to ask for permission at work. However, if you wait until the afternoon, you might get your way. Timing is everything.

Scorpio Oct. 24 - Nov. 22
Children will be an increased responsibility this morning. Just suck it up, because it's a fact that burdens and responsibilities are part of this picture. Later in the day, life is easier.

Sagittarius Nov. 23 - Dec. 21
Avoid important discussions with family members this morning, especially females. People are grouchy. However, you will see ways to make home improvements later in the day.

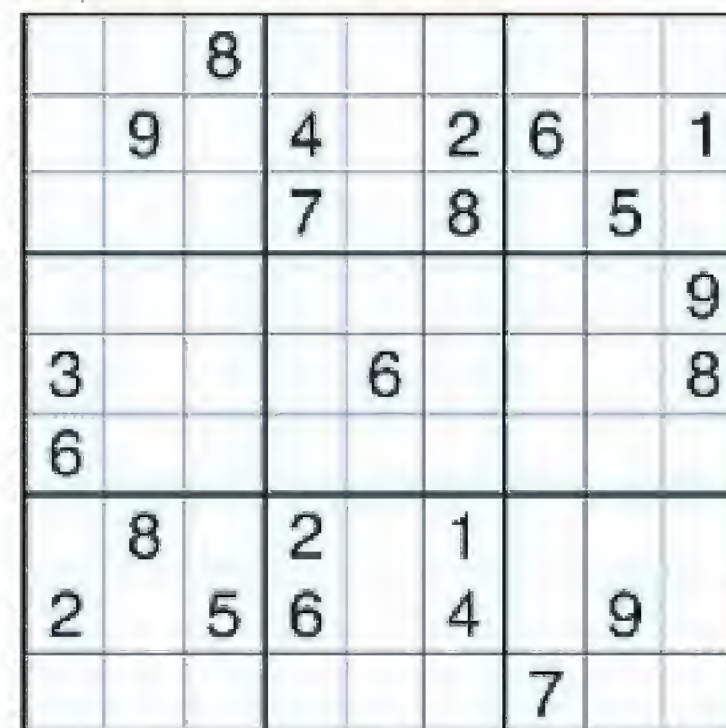
Capricorn Dec. 22 - Jan. 20
Don't listen to your worries this morning. Things are not as bad as they seem. In fact, by the afternoon, you will see ways to improve many things around you.

Aquarius Jan. 21 - Feb. 19
You might feel broke this morning. (Join the club; we number in the millions.) Late in the day, you will see new ways to make money or new uses for something you already own.

Pisces Feb. 20 - March 20
Discussions with authority figures first thing this morning are a bad idea. Avoid parents, bosses and teachers if you can. Later, a powerful friend might help you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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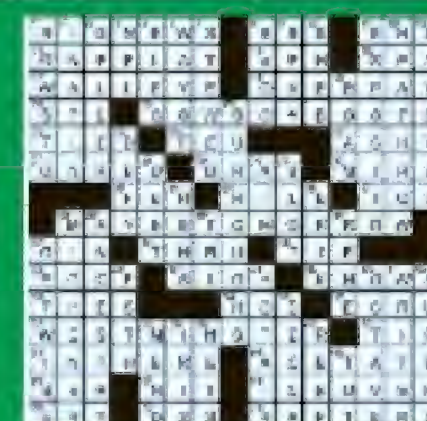
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